

## PREVIEW\_ Jaydeep Bhuta -

### He Lost 130 Pounds on a Low-Carb Vegetarian Diet (SD 2016) 1

**Dr. Eenfeldt:** You lost a tremendous amount of weight. How was this for you? This experience.

**Jaydeep Bhuta:** So it all started with me being around 140 kg and I was reading, I was very passionate about reading books on nutrition since last one decade. The problem was implementation. I always thought that this particular diet is going to be difficult or is going to take a lot of effort and hard work.

And as Dr. Westman says, "You either go the cold turkey way, or the warm chicken way." And I actually went the warm chicken way. I gradually went on a ketogenic diet. Because I didn't know what to expect, I didn't know how difficult or easy could be. And apart for the first few months, I think now I can comment, it's a very easy lifestyle.

And it's not difficult to lose weight, even in spite of being a vegetarian. You just need to understand the science. You know, there are a lot of people in India who would give weird, stupid advice like adding lemon and honey you will lose weight, have hot water and you will lose weight. So what I've realized is that everywhere people are very confused.

**Dr. Eenfeldt:** There's so much conflict in advice, huh?

**Jaydeep Bhuta:** Yes, and they have this belief and even before starting they already believe that they can't lose weight or they can't lose fat.